

P24223.S02

S 1013/US

ABSTRACT OF THE DISCLOSURE

A gliding or rolling board having, from a first end to a second end, a first end zone, a central zone, and a second end zone. The board has in height at least a first reinforcement. In the central zone, at least one of the reinforcements has at least a portion whose structure is mechanically weakened with respect to the rest of the reinforcement structure.

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